

“Bath Salts” (Synthetic Cathinones)

What are “bath salts”?

“Bath salts” is a powerful drug containing stimulants known as synthetic cathinones. It is a crystallized powder consumed by snorting, ingesting, smoking, injecting, or mixing with food or beverages.

Although the drug is referred to as “bath salts,” it should **not** be confused with the bath-related product sold at bath, beauty or drug stores. It is not the same product. It is not safe to consume **any** product labeled as “bath salts.”

Are “bath salts” safe to use?

No. Using “bath salts” can cause severe side effects and long-term damage including:

- Kidney failure
- Liver failure
- Increased suicide risk
- Mental illness
- Sweating
- Chest pain
- Rapid heart rate
- Seizures
- Hallucinations
- Death

What are the signs of “bath salts” abuse?

Signs of abuse can include:

- Lack of appetite
- Decreased need for sleep
- Self-mutilation
- Severe paranoia
- Hallucinations
- Violent behavior

How are “bath salts” packaged?

“Bath salts” are packaged in small plastic bags, packets, canisters, or jars, and may be sold as “plant food” or “pond water cleaner.” Labels often indicate that contents are “not intended for human consumption.” This drug should not be consumed, used as plant food, or used to clean pond water.

Where can I go for help?

If you or someone you know would like to get help for “bath salts” or other drug abuse, contact the Substance Abuse Prevention and Control Community Assessment Services Centers at **1-800-564-6600** or www.publichealth.lacounty.gov/sapc.



Photo Credit: DEA

Some street names for “bath salts”

- Bliss
- Blue Silk
- Charge +
- Cloud 9
- Hurricane Charlie
- Ivory Snow
- Ivory Wave
- Ocean
- Purple Wave
- Red Dove
- Scarface
- Vanilla Sky
- White Dove
- White Lightning
- White Rush

This is not a complete list of street names for “bath salts.”

For More Information

Call the Los Angeles County Substance Abuse Prevention and Control Program at (626) 299-4193 during regular business hours.

The Poison Help Hotline offers free, confidential services 24 hours a day, 7 days a week. Call 1-800-222-1222.

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